

Arthritis Foundation Life Improvement Series Facility Responsibilities

Facility Accessibility and Safety

In order to ensure their accessibility, safety and overall suitability, the host sites in which Arthritis Foundation Life Improvement Series classes are conducted must have the following minimum characteristics:

- An accessible site consistent with the Americans with Disabilities Act, including reasonable accommodations such as:
 - Handicapped parking spaces or other designated parking within 200 feet of entrance
 - At least one building entrance with an easy-to-open door close to parking and useable by persons with disabilities. Entrances with steps should have railings
 - Barrier-free exercise room, meeting room or pool accessible to people with disabilities.
 - Accessible changing and restroom facilities, with adequate provisions for seating, located near the exercise room or pool
 - Entrance doors that are easily operable by people with upper extremity limitations in the locker room, locker and restroom
- Arthritis Foundation Exercise Program and Arthritis Foundation Self-Help Program sites must provide an exercise/ meeting room set-up that facilitates safe, comfortable, effective group interaction and activity, including:
 - Sufficient space for easy movement
 - Sufficient space for assistive devices such as walkers and crutches
 - Clutter-free space, to reduce chances of falls or other injuries
 - Adequate acoustics so the instructor can be easily heard
 - No other concurrent activities in the room
 - Adequate lighting, to reduce chances of falls or other injuries
 - Comfortable room temperature with no drafts.
 - Sturdy chairs that do not slide easily, preferably of varying heights

- Carpeted floor or mats (if offering the Arthritis Foundation Exercise Program and doing floor exercises)
- Instructor or other personnel on site with CPR certification (required if offering the Arthritis Foundation Exercise Program classes and recommended for the Arthritis Foundation Self-Help Program)
- Arthritis Foundation Aquatic Program sites must provide a pool with:
 - Water temperature maintained between 83 and 88 degrees Fahrenheit
 - Air temperature within five degrees of the water temperature
 - Clean and uncluttered deck area
 - Readily available safety equipment
 - Adequate pool depth and pool size
 - In accordance with state law, provide a written emergency procedure and an instructor or other person at the pool with current lifeguard or water safety/ rescue and CPR certification. It also is strongly recommended that there be a second person at the pool or immediately available to assist with water rescue

Other Responsibilities

- Ensure that the Arthritis Foundation programs are only taught by persons who have successfully met the prerequisites, completed an approved instructor/leader training workshop and are up-to-date on their Arthritis Foundation certification
- Provide adequate liability insurance coverage (at least \$1 million)
- Secure signed release form from all class participants relinquishing the Arthritis Foundation and the facility of financial responsibility or liability incurred as a result of program participation
- Ensure that the full Arthritis Foundation program names are used in all written materials
- Provide program statistics and other requested evaluation data
- Sign a program co-sponsorship agreement to document mutual responsibilities